

How to get mentally sorted



Worksheet - Part 2

How this Works. Write down everything that comes up in your mind on the topic, situation or thing you would like to be coached on. Past or present, does not matter.

Topic:

Describe your Thoughts:



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Worksheet

How this Works. Write down everything that comes up in your mind on the topic, situation or thing you would like to be coached on. Past or present, does not matter.

Describe your Feelings:



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Worksheet

ow this Works. Write down everything that comes up in your mind on the topic, situation or thing you would like to be coached on. Past or present, does not matter.

Describe what you believe of yourself in that moment:

What do you believe of the world:



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Worksheet

How this Works. Write down everything that comes up in your mind on the topic, situation or thing you would like to be coached on. Past or present, does not matter.

Describe the Results:



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Worksheet - Part 3

How this Works. Write down:

B:

F:

T:

S:

A:





How to deepen

I'm providing an exclusive 1:1 Coaching Experience incl. an online self-training platform to transform your total Life!

We're going to cover:

- ✓ The strategy how to identify your blockers and stressors to release them forever in your life
- ✓ The secrets of how to resolve your interpersonal conflicts and thereby activate your inner true potentials
- ✓ The insider knowledge how to authentically and truly lead in relations - concept of leadership and unconditional love
- ✓ In the self-management concept you understand what is all possible and how to really achieve your visions

**Get your free Coaching Call
and save your live bonis**